

a means for communicating between said mobile device and the local or network server via wired or wireless means.

12. A gastronomic information and instruction system of claim 11 including a Multi Channel Multiplexing Transmitter and Receiver at one or more locations at a restaurant or other food service establishment and or the local or the network server.

13. A gastronomic information and instruction system of claim 12 including means by which gastronomic table of profiles, decision matrices, health charts, price comparison charts and other customer defined, vendor defined or establishment defined information, in a detailed or macro form, may be maintained at one or more locations on the mobile device, the local and or the network server for efficient decision making, execution and monitoring.

AI 14. A gastronomic information and instruction system of claim 13 including means by which a vendor establishment is able to set and readily recognize the customer's profile and other pertinent information; automatically recognizing the said mobile device to download a photo of the customer for friendly greeting; automatically assign preferred seating; automatically prepare desired food items; automatically prepare food items according to the recipe or specific instructions of the customer; automatically ensure that health sensitivity is maintained and allergic and harmful ingredients are excluded by working in tandem with the information contained in the mobile device, the local server and or the network server and having the ability to seamlessly access or provide a variety of information using one or more channels, in a multiplexed or non multiplexed mode utilizing the MMTR located in the mobile device or at the vendor establishment giving the user many simultaneous paths of communication and control.

15. A gastronomic information and instruction system of claim 14 including means by which customers may through wired or wireless means visually or by other means to monitor the progress of their specific food preparation and the activity of a chef or the kitchen on their MMTR enabled mobile device display while conducting other activity on one or more other channels, and the food establishment may relay to one or more customers on their mobile device or a stationary

device located at the dining table, above enumerated information utilizing one or more channels of the MMTR located at the establishment in conjunction with a local and or network server.

16. A gastronomic information and instruction system of claim 15 including
the setting up of one or more personal and or business related billing and credit card profiles in the mobile device the setting up of the attendee list or lists or the ability to add individuals to the list;
the ability to append memos or other notes in one or more formats;
the ability to differentiate alcohol and food items and their costs
the ability to authenticate and pay via the mobile device;
the ability to have the appropriate information sent to one or more business or personal data bases for expense reports and other purposes seamlessly;
the ability to access and update various personal or business data bases seamlessly;
the ability to communicate simultaneously audio, video and data using the built in MMTR in the mobile device;
and the ability for the establishment to access and authenticate the customer data,
all utilizing one or more databases resident in the mobile device, the local server and or the network server.

17. A gastronomic information and instruction system of claim 16 including
the ability to access the various data bases of the vendor establishment through a mobile device,
means by which the recipes of the vendor establishment may be accessed from said data bases,
the specific ingredients of any particular recipe may be accessed from said data bases;
the caloric and nutritional content of particular recipes may be accessed from said data bases;
means for the preparation techniques of particular recipes may be accessed from said data bases,
the appropriateness for the customer of a particular food item, from the list of available recipes, may be determined by the customer, the nutritionist, medical professional or the vendor by accessing the customers profile that may be maintained within the mobile device or a local and or network server;
the ability to track, monitor, manage and obtain a comprehensive running history of nutritional and other factors pertaining to the individual user in a secure manner, with permission levels being set for health professionals and third parties, and having the ability to set up the appropriate databases either within the mobile device or a local and or network server;

the ability for the health professionals, hospitals or loved ones to be contacted automatically by having the mobile device set up by the user to respond, on one or more channels, to certain pre set hazard levels and events; and further having the appropriate complement of data readily available to the health professional for emergency response tailored to the individual by having the mobile device working in a stand alone manner or in conjunction with a local or network server that may be equipped with a single channel or a multi channel multiplexing communication capability.

18. A gastronomic information and instruction system as in claim 17 including
means by which the geographical location of the customer and the vendor may be determined and provided to either of the parties, in a dynamic setting where the user may be stationary, in motion and or headed in a particular direction;
means by which the best proximate location and directions may be provided to the user;
means by which the estimated arrival time may be determined and said information may be used for providing just in time seating and initiation of food preparation;
means by which by accessing the appropriate preferences set up by the user within the mobile device or a local and or network server and their individual and collective data bases, an optimal determination of the vendor establishment and menu items best suited for the health, quality of the dining experience and cost effectiveness to the user is determined and signaled to the user.

19. A gastronomic information and instruction system as in claim 18 including
means by which the user may search the Internet, other web sites or other servers and their data bases for appropriate recipes using a mobile or stationary device using one or more channels of communication while conducting one or more related or non related communications such as voice, video and data;
means by which the recipe may be screened for appropriateness to the individual against pre set rules;
means by which the types and optimal quantity of ingredients needed for the food preparation of one or more recipes is determined by accessing the user's personal databases or the data bases of the grocer or the data bases located on a local or network server using one or more channels of communication;
means by which the availability of the ingredients at various grocers and the best location of the grocers relative to the user is determined taking into account the price of each ingredient, the availability or lack of availability of the partial or full set of ingredients, such that the grocer that meets certain pre set user defined rules is selected;

means by which the stationary or mobile device user signals the selected grocer to initiate the fulfillment of the order for the selected ingredients in the quantities desired, at the time desired, and the indicated the pick up or delivery means;

means by which the grocer charges the customer's account via a credit card or other means and the customer authenticates such charges;

means by which a periodic summary and analysis of the usage of certain recipes, ingredients, nutritional, caloric values and other pertinent factors may be provided to the user or his or her designees, such as health professionals, for total health management of the user by having appropriate information maintained in data bases that may be resident on the mobile device, the local and or network server; and further having the capability to have the data be uploaded or down loaded on command or at pre set intervals on one or more channels of communication while at the same time giving the user full range of other communication capabilities using the features of the built in MMTR within the mobile device and or the local or network server.

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20. A gastronomic information and instruction system as in claim 19 including

means by which recipes may be archived, searched and selected from the data base resident within a stationary or mobile device, a local and or network server;

means by which said recipes and food preparation techniques and or instructions may be provided by

wired or wireless means, using a stationary or mobile device, to an intelligent food preparation appliance for immediate usage or for storage and archival within such an intelligent appliance for future use;

means by which the Intelligent Cooking Appliance is configured with one or more communication paths using the multi channel multiplexing transmitter and receiver, MMTR, and having the ability to use one or more of its channels sequentially or simultaneously for wired or wireless communication with a mobile device, a local and or network server and other intelligent appliances within a local network and or across other networks;

means by which the Intelligent Appliance that is configured with a MMTR may operate with one or more communication protocols to access or be accessible by a range of stationary devices, mobile devices, local and or network servers;

means by which the Intelligent Appliance or Appliances may operate in an IP based mode, a USB mode, a Blue Tooth mode, a 802.xx mode or other modes to appropriately select the communication

mode and communicate with other mobile devices, other intelligent appliances, local servers and or network servers by wired or wireless means in a sequential or simultaneous manner using the MMTR feature that is built into the intelligent appliance;

means by which the action to initiate food preparation is executed on pre set commands at the designated time and in a designated manner or by a command received from a stationary or mobile communication device via one or more channels of the mobile device directly or in association with a local and or network server;

means by which the progress of the food preparation activity may be signaled to other intelligent appliances within the local network or across a network for efficient preparation of the full range of a meal working in tandem with other intelligent appliances;

means by which the progress of the food preparation activity may be signaled to one or more mobile devices, one or more local servers and or network servers for monitoring and control purposes.

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21. A gastronomic information and instruction system as in claim 20 including

means for one way or two way communication by one or more communication methods and or communication protocols between a mobile device, a local and or network server to access, upload, download and manage gastronomical information and instruction tasks;

means for accessing and translating the textual menu or recipe descriptions available in one or more languages to textual menu or recipe descriptions into one or more different languages using the language translation capability resident within the mobile device, the local server an or the network server;

means for accessing and translating the textual menu or recipe descriptions available in one or more languages to audio menu or recipe descriptions in one or more different languages using the text to voice and language translation capability resident within the mobile device, the local server an or the network server;

means for displaying images and video that describes various ingredients or food items on a mobile or stationary device for error free selection and ordering by different input methods that include voice, touch and other means.